

The Indiana Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led and funded by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories, including weight management and dietary behaviors, physical activity, injury and violence, tobacco use, alcohol and other drug use, and sexual behavior. The YRBS is conducted every two years among a representative group of Indiana students in grades 9–12. Data from individual students and schools are confidential. The CDC analyzed the data and then provided the results to each participating state.

FACT SHEETS: Each category's information is presented on its own fact sheet. Fact sheets include key information and do not represent all data in the full YRBS Report (www.in.gov/yrbs). Data that supports the "Key Points", including comments about changes in risk behaviors during 2003–2009, are on each category's fact sheet in the "Changes in Behavior" section.

KEY POINTS

Compared to 2003–2007, Indiana high school students in 2009

- Continued to have a high rate of obesity, well over the national goal of 5%; although, the rate of obesity in Indiana students decreased by over 7% compared to 2007 (Figure 1)
- Were less likely to have eaten the recommended five or more servings of fruits and vegetables per day
- Were as likely to meet the recommended levels of physical activity, but continued to be more active than other students in the United States
- Were less likely to watch TV three or more hours per day during school days
- Were less likely to have ridden in a car driven by someone who had been drinking alcohol
- Were more likely to have attempted suicide resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse
- Were less likely to have ever tried a cigarette, though over 50% of teens still reported some use during their lifetime
- Were more likely to be currently using smokeless tobacco products, like chewing tobacco, snuff, or dip
- Were less likely to have consumed at least one drink of alcohol in the past 30 days; this rate was below the national average (Figure 2)
- Were less likely to have used methamphetamines at least one time during their life
- Were as likely to have had sexual intercourse in the past three months, and continued to not meet the national goal of less than 25% of students being sexually active
- Were as likely to have ever had sexual intercourse; about half of high school students have had sex at least once

FIGURE 1. Percent of high school students who were obese (>95th percentile for Body Mass Index for age and sex)—Indiana, 2003–2009

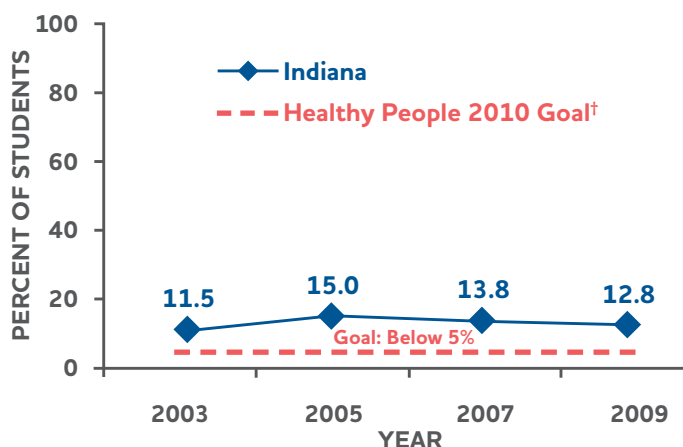
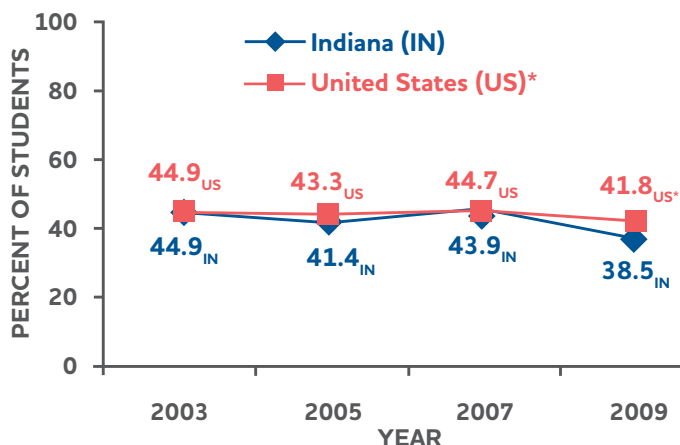


FIGURE 2. Percent of high school students who had at least one drink of alcohol on one or more of the past 30 days—Indiana vs. United States, 2003–2009



TAKE ACTION

- Program experts at the Indiana State Department of Health have, for each category, provided actions that you can discuss with students, parents, or school staff about how to promote healthy behaviors among high school students
- Additional information about groups working to promote optimal health and well-being for Indiana adolescents can be found on the Indiana Coalition to Improve Adolescent Health's website at www.INadolescenthealth.org
- Visit the Indiana YRBS website at www.in.gov/yrbs for additional information about the YRBS, including resources used to make these fact sheets

†Set of health objectives for the United States to achieve over the first decade of the 21st century (www.healthypeople.gov)

*2009 United States YRBS data is provisional